



# The Journal

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August 10, 2017



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U.S. Navy photo by MC2 William Phillips



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# SECNAV's First Message to Navy and Marine Corps

## From SECNAV Public Affairs

On Aug. 3, Richard V. Spencer, a native of Connecticut, was sworn in as the 76th secretary of the Navy. The following is his opening statement:

“Sailors, Marines and Civilian Teammates, It is with great excitement and humility that I take on the role of your 76th secretary of the Navy. The excitement is born from the challenges and opportunities that we face now and in the near future.

Due to your consistent ability to successfully deliver on all demands put before you, there is a commensurate level of expectation for more of the same going forward. Therein lies the challenge we face and prudence says we should expect that challenge to grow as the threats around the world continue to increase.

Within every challenge lies opportunity and I urge everyone to adopt that point of view. Every member involved in the Navy Marine Corps team has the opportunity to make a contribution towards a more effective, versatile, resilient and lethal organization.

You, as a member of this team, will have access to a wide range of resources. Those resources must be applied in the most impactful manner possible in order to enhance our ability to deliver when called to fight. I look to each of you to seize the opportunity and contribute to enhancing the effort.

I am humbled to be in the position to lead an enterprise that is manned with such a stunning amount of proven talent. Our Nation's all volunteer force, and supporting teammates, are second to none. That is because of you.

I believe that the most valuable asset within an organization is the high performing human component. We will work together to ensure we have the best, sustainable environment in order to continue our history of delivering when requested.

Make no mistake, we are facing a threat level that has not been witnessed for quite some time and urgency is the manner in which we must all act as the complexity of threats increase in size and scope. We must all be focused on the pointed end of the spear.

I eagerly look forward to working with you as we



PHOTO BY MC2 ALEX L. SMEDEGARD

### Richard V. Spencer, 76th secretary of the Navy.

step out to face the challenges set before us and embrace the opportunities that lie within those challenges.”

The swearing-in ceremony was conducted in the Pentagon by William O'Donnell, Department of the Navy administrative assistant.

Spencer, a Connecticut native, graduated from Rollins College in 1976 with a Bachelor of Arts in Economics. Upon Graduation he joined the United States Marine Corps and served as an H-46 pilot until 1981 before departing active duty to enter the private finance sector.

He held many positions since he entered the private finance sector to include the president of Crossroads Investment Management LLC, chief financial officer at Intercontinental Exchange, Inc. and the managing director of Fall Creek Management, LLC.

# Bethesda Notebook

## USAE-N Change of Command

A change of command for the U.S. Army Element-North at Walter Reed National Military Medical Center on Naval Support Activity Bethesda will be Aug. 14 at 10:30 a.m. in Bldg. 17's gymnasium. Col. Tonya F. Dickerson will assume USAE-N command from outgoing commander Col. Richard S. Lindsay during the ceremony hosted by Brig. Gen. Raymond S. Dingle, commanding general for Regional Health Command-Atlantic.

## Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Aug. 17 from 1 to 2 p.m., and from 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited to attend. Military identification is required for base access to WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

## Pre-retirement Seminar

A two-day pre-retirement seminar, open to Walter Reed National Military Medical Center's Department of Defense GS employees planning to retire within the next five years, is scheduled for Aug. 22-23. Pre-registration is required. Registration forms are available on the National Capital Region, Medical Directorate MD website: <http://www.capmed.mil/>, and on the WRNMMC and Fort Belvoir Community Hospital banners. For more information, contact dha.bethesda.wrnmmc.list.preretirement-seminar@mail.mil.

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PHOTOS BY MC2 WILLIAM PHILLIPS

Naval Support Activity Bethesda hosted the 2017 National Night Out, Aug. 1 at the USO. The event was a chance to bring law enforcement and the public closer together as a community and give them a chance to interact with each other. The event had food, games and a military working dog demonstration.

# NSAB Hosts National Night Out

By MC2 William Phillips  
NSAB Public Affairs

Naval Support Activity Bethesda (NSAB) hosted National Night Out Aug. 1 at the USO.

"The National Night Out is important because it shows the community that as law enforcement we can be approachable and it lets people know that we stand together and we aren't here to just write parking tickets," said NSAB Crime Prevention Officer Master-at-Arms 2nd Class Kevin Meeks.

The annual event is a "community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live," according to natw.org

Even though National Night Out is supposed to be at night NSAB held theirs during the day.

"We held it during the day because we have people that work here on base that live all over the D.C., Maryland and Virginia area," said Meeks. "We know it is tough battling traffic to get back on base for a social event. So we decided to do it at lunch to give everyone a more convenient opportunity to come out and participate in the National Night Out."

Organizations from inside and outside the gates participated in NSAB's National Night Out.

"We got together with a few of the local organizations like Bethesda urban partnership and DC 101 and a couple of the organizations on base like the [Sexual Assault prevention and response] and the [Sexual Assault Response Coordinator] came together to show support for our community," said NSAB's Assistant Crime Prevention Manager Master-at-Arms 3rd Class Jobert Beirman.

"Bethesda Urban Partnership always plays a big role in the National Night Out on base because they are able to coordinate with restaurants in Bethesda and get them here to serve food," Meeks added.

Some organizations want to come and show support for the service members on base.

"We are here to support the military and their families," said Joshua Sanders a promotions assistant at DC 101, a local radio station. "We love doing anything we can to come out and support the people who are willing to give their lives."

National Night Out is a way for communities to come together and interact with each other.

"It's important to get outside organizations on base to show that we are a part of a community that is larger than just the one on base," said Beirman.





# WRNMMC Soldier Wins MEDCOM Best Warrior Competition

By MC2 (SW) Kevin V. Cunningham  
WRNMMC Command Communications

Army Sgt. Roberto A. Saenz, a preventive medicine specialist stationed at Walter Reed National Military Medical Center, won the U.S. Army Medical Command Best Warrior Competition July 23-26 at Camp Bullis, Texas.

The week-long competition between hand-selected Soldiers from throughout the U.S. Army Medical Command included a series of challenges to test the physical and mental stamina and warrior task knowledge of each competitor to select the “best of the best” to represent MEDCOM in the Army-wide Best Warrior Competition later this year. The competition consisted of the Army Physical Fitness Test, weapons qualification, warrior tasks, mystery events, day and night land navigation, a written exam with an essay, 12-mile road march and an oral board.

“I owe my success to the great teamwork and mentorship the Army has provided me,” said Saenz, a native of Spring Branch, Texas. “It’s an accomplishment to be proud of and motivates me to prepare for the next level.”

Army Sgt. Nicholas Heister, a supervisor and mentor of Saenz, said it was evident from Saenz’s first day at the command that he wanted to achieve high goals and was willing to make the sacrifice that they would entail.

“We’ve worked together since 2015 and ever since then he’s showed a tremendous amount of resiliency and ability to use good experiences and bounce back from bad ones,” said Heister. “It’s rewarding to mentor someone with so much motivation and determination.”

Saenz commented on the difficulty of the MEDCOM competition, saying the most important value to keep in mind while competing was personal motivation.

“Staying focused and motivated when you feel like giving up is the key to keeping your mind sharp out there on the course,” said Saenz.

“Having him on our team here at Walter Reed has been a real positive impact,” said Army Capt. Donny Skinner, chief of Environmental Health at



PHOTO BY MC2 KEVIN CUNNINGHAM

**Army Sgt. Roberto A. Saenz, a preventive medicine specialist stationed at Walter Reed National Military Medical Center, proudly shows the trophy he earned for winning the U.S. Army Medical Command Best Warrior Competition July 23-26 at Camp Bullis, Texas.**

WRNMMC. “He serves his fellow Soldiers as a mentor who constantly leads by example. Not only does he excel in his job specialty, but he goes above and beyond to excel in all aspects of what it means to be a Soldier.”

Saenz now prepares to represent the U.S. Army Medical Command at the Army’s Best Warrior Competition in October.

# Preparing for the August 2017 Total Solar Eclipse

By Lina Tran  
NASA’s Goddard Space Flight Center

On Monday, Aug. 21, 2017, a total eclipse will cross the entire country, coast-to-coast, for the first time since 1918. Weather permitting, the entire continent will have the opportunity to view an eclipse as the moon passes in front of the sun, casting a shadow on Earth’s surface. And plans for this once-in-a-lifetime eclipse are underway – scientists are submitting research proposals, NASA is sharing information on safe eclipse viewing with community centers, and citizen science projects are developing.

The total solar eclipse begins near Lincoln City, Oregon, at 10:15 a.m. PDT (1:15 p.m. EDT). Totality ends at 2:48 p.m. EDT near Charleston, South Carolina. The partial eclipse will start earlier and end later, but the total eclipse itself will take about one hour and 40 minutes to cross the country. NASA will fund a host of science projects that will occur during this unique period of time.

Solar eclipses occur when the moon blocks any part of the sun. Total solar eclipses, however, are only possible on Earth because of a cosmic quirk of geometry: The sun’s diameter is 400 times wider than the moon’s, but it is also 400 times farther away. The result is that the sun and the moon appear to be the same size from our perspective. When they line up just right, the moon can obscure the sun’s entire surface,



NASA FILE PHOTO BY BILL INGALLS

**A boy wearing protective viewing glasses watches a partial solar eclipse from Arlington, Virginia, in 2014.**

creating a total solar eclipse. This line-up occurs once every 12 to 18 months. Partial solar eclipses, on the other hand, occur when the alignment is such that the moon blocks only part of the sun, and these can occur more frequently.

During a total eclipse, we have the rare opportunity to look directly at the sun’s vast, striking outer atmosphere, the corona. The corona appears as pearly white rays and streamers, radiating around the lunar disk. The August 2017 eclipse will present this exciting opportunity to millions across the entire country.

But total solar eclipses are more than simply

beautiful to look at. They provide unique opportunities for science – and many kinds of science at that. Indeed, total eclipses throughout history have paved the way for major scientific findings across various disciplines.

“Ancient people in different civilizations were able to discern celestial patterns and predict eclipses without understanding the science,” said Ramon Lopez, a space physicist at the University of Texas Arlington.

Lopez went on to describe landmarks in the history of eclipse science, such as the expedition to confirm the theory of general relativity, the first report of coronal mass ejections and the discovery that the corona is very hot – much hotter than the surface of the sun.

“An eclipse teaches us so many things, but the 2017 eclipse is especially unique because of the uninterrupted land masses it will pass over,” said Lika Guhathakurta, an astrophysicist at NASA Headquarters in Washington. “This will allow us to maximize our chance to collect data and connect the shadow of the moon to Earth science.”

Guhathakurta described a variety of topics that NASA-funded eclipse projects may explore, including the varying luminosity of the sun and the relationship between surface temperatures and atmospheric changes.

To discuss recent eclipse science, University



# Craniofacial Team Hosts Its First Patient Reunion

By Bernard S. Little  
WRNMMC Command Communications

The Craniofacial/Plastic Surgery Team at Walter Reed National Military Medical Center hosted its first patient reunion July 15 at the USO Warrior and Family Center on Naval Support Activity Bethesda.

July was National Cleft and Craniofacial Awareness and Prevention Month.

“[This was] the perfect time to celebrate our craniofacial patients and families,” stated Air Force Lt. Col. (Dr.) Kerry Latham, craniofacial team leader at WRNMMC.

“Walter Reed National Military Medical Center has supported a craniofacial team for more than 30 years,” Latham continued. “The multidisciplinary craniofacial team focuses on providing excellent care to children and adults with facial differences such as cleft lip and palate or craniosynostosis. For each patient, an individual treatment plan is developed in a team approach based on the patient’s growth, development and individual goals.”

Latham explained craniofacial team nurse Deborah McDonough, team coordinator Aurea Petgrave and team scheduler Natasha Fortson work together to assess quality and constantly improve the patient experience.

“Doing this job is very, very humbling,” Petgrave stated. “I love seeing how far patients come in regards to surgeries, and how confident they become. To see the strength of the kids and parents while going through the process makes one think twice about complaining.”

As the team coordinator, Petgrave assists providers, patients and their family members with scheduling appointments, and she updates and distributes the craniofacial team brochure, as well as ensures patients are escorted to their destinations, among her other duties.



PHOTO COURTESY AUREA PETGRAVE

**Approximately 70 people, including craniofacial team members, patients and volunteers, attended the first Craniofacial Team Patient Reunion July 15 at the USO Building on Naval Support Activity Bethesda.**

“I like to make [patients and their families] smile or laugh by bringing little treasures from our treasure chest to the exam rooms while they are waiting to see [care providers],” Petgrave continued. “I love making sure the craniofacial clinic day runs smooth for team providers and that patients are taken care of, as well as have their questions and concerns answered.”

Latham stated patients and families often report a

high team satisfaction, very good team support and a great medical experience with their craniofacial care. In addition, she explained families receiving care have frequently expressed interest in meeting other families with similar experiences and facial differences, which


See **REUNION**

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# ECLIPSE

From  
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of Hawaii astronomer Shadia Habbal presented her work on the science of the corona. Habbal

travels around the world, chasing down eclipses, and uses specialized cameras to image the corona during totality.

It is in the corona that we observe giant solar eruptions like solar flares and coronal mass ejections, and the origin of the solar wind, the continuous flow of charged particles from the

sun. All of these constantly shape the very nature of the space around Earth and other planets. Studying the corona and its role in the interconnected sun-space system is crucial for understanding not only the relationship between Earth and the sun, but also the space environment our satellites and astronauts must travel through for future exploration.

"There is a whole spectrum of colors of light that our eyes cannot see," Habbal said. "From these different colors, we can directly probe into the physics of the corona." Different colors provide unique information about the temperature and composition of solar material in the corona.

Of course, the beauty of the August 2017 eclipse is that anyone can view it – no science background or heavy-duty equipment is required. Alex Young, a solar scientist at NASA's Goddard Space Flight Center in Greenbelt, Maryland, presented an overview of eclipse safety.

Even during an eclipse, it is not safe to look directly at the sun – except for the brief phase of totality, when the moon fully obscures the sun. The only safe way to look directly at the partially eclipsed sun is through a specialized filter. Eclipse glasses are equipped with the proper filters to minimize ultraviolet, visible and infrared light.

It's crucial to know when to take off and replace your glasses to avoid permanently damaging your eyes. Young described the different phases of a total eclipse, in which the sun provides important visual clues for when totality is about to start and end.

"If you're wearing your eclipse glasses and it becomes so dark you can't see anything, you know it's safe and it's time to take them off," Young said.

When viewing a partial eclipse, observers must use eye protection at all times. Partial eclipses can be observed indirectly by projection, in which viewers watch the eclipse on a screen. These can be easily constructed at home with few, simple materials – such as a piece of paper and cardboard box.

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## REUNION

From  
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led to the idea for the reunion.

“They want to bond and develop a sense of community. The craniofacial team took this feedback to heart and wanted to do something very special for our patients and continue to better their experience with WRNMMC care,” Latham added.

She explained McDonough, Petgrave, Fortson and corpsmen from the Plastic Surgery Clinic worked together to put the reunion together. “It was a great opportunity to celebrate our patients, develop a sense of community and prioritize the patient experience as part of our team care approach,” Latham explained.

Approximately 70 people, including craniofacial team members, patients and volunteers, attended the reunion, Latham said. She credited Kameha Bell, Castina Wingard, from a WRNMMC benevolent agency, WRNMMC facility dogs and the Bethesda Naval Sea Cadets with helping to make the event a success.

Petgrave said it was most rewarding seeing the smiles on everyone’s faces, and hearing the many comments of appreciation. “To see the transitions of the patients and know that I had a very small part in making things a little stress free for them in regards to their

numerous appointments and surgeries, and then top it off with the reunion, was priceless,” she continued.

“The reunion was very much needed, not only for the patients but I think the craniofacial team as well — just for the providers to take a moment to see just how awesome they are. They never give themselves kudos of course, but it was good for them to reflect, get hugs and to hear, “Thank you for everything,” Petgrave added.

Latham and Petgrave also credited the efforts of HM3 Dawn Goding, HM3 Sefra Rodriguez, and Hospitalmen Hannah Sutherland and Aysha Rayford for the success of the event. In addition, they also had kudos for the Bethesda Naval Sea Cadets, who helped set up for the reunion and dressed as superheroes and other characters, in addition to organizing games, for the event. They added the facility dogs, Air Force Maj. Goldie and Navy Vice Adm. Laurie Lee, were popular attractions at the reunion, and they thanked Patty Barry, a coordinator for the facility dog program at WRNMMC, and the canine handlers for bringing them out for the event.

“This was the first craniofacial party to celebrate craniofacial team patients and their families, and it was a great opportunity to come together as a military family and again, put our patients first, improve their overall experience and join in the fun,” Latham said.

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## Morale Welfare & Recreation (MWR)

8/10	6 pm	Deadline to register for Warrior Mud Run
8/11	11 am-2 pm	Jamaica Luncheon @ Warrior Cafe
8/12	10 am	Warrior Mud Run
8/17	5-7 pm	Wine and Paint Night with Uncork'd
8/19	1 am	Cedar Point Trip via charter bus
8/25	11 am-2 pm 6 pm	Madagascar Luncheon @ Warrior Cafe DC IMPROV comedy night-Bryan Callen
8/26	9 pm	Mayweather vs. McGregor viewing @USO Open to eligible USO patrons, dependents and caregivers.

For details & to register: [www.Navymwrbethesda.eventbrite.com](http://www.Navymwrbethesda.eventbrite.com)

### Warrior MUD RUN-Saturday, August 12

**Check-in begins at 9 am 10 am**

This is a fun filled 3-4 Mile course filled with a variety of obstacles. Race around base and concur the obstacles to make your way to the finish. Open to all ages and fitness levels. Free Race Tank for the first 100 participants to register!! Free for Active Duty (still must register for race). \$10 for all other participants. Competitors must register by August 10. [warriormudrun2017.eventbrite.com](http://warriormudrun2017.eventbrite.com)

### Kings Dominion Patriots Day- Sunday, September 10

Kings Dominion will open exclusively for Naval District Washington colleagues, family and friends. Special Pricing at [www.kingsdominion.com/save](http://www.kingsdominion.com/save) with username and password: **KDPATRIOTSDAY**- Free parking.

### 5<sup>th</sup> Annual FREEDOM 5K- Monday, September 11 11 am

T-shirts provided to the first 200 registered participants! MWR Sports Complex check-in begins at 9:30 am. Run/walk starts at 11 am. Active-duty **FREE**, All others **\$5** All abilities are welcome. Register online by September 8: [www.nsabfreedom5k2017.eventbrite.com](http://www.nsabfreedom5k2017.eventbrite.com) For more information, please call the Fitness Coordinator at (301) 295-0031.

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8/18	4:30 pm	FREE*	Commissary Trip
8/18	5:30 pm	FREE*	Intro to Summertime Grilling- Patio
8/23	6 pm	FREE*	Marvel Movie Night
8/26	8:30 am	\$30*	GO APE Outdoor Challenge –ropes and zip-line course
8/29	6 pm	FREE*	Co-Op Board Game Night
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